

Now deep thoughts... ...with Conestoga College

Random questions answered by random students

What has been your worst Valentine's Day experience?



"When I was a 16 my boyfriend and I went out for Valentine's Day. We had to take the bus and since he was broke, I had to pay him up with my two wimpy \$10 bills."

Heather Langy
second-year marketing

"I was supposed to go to a semi-formal on Valentine's Day with my boyfriend. When I went to pick him up, he wasn't there, so I went solo."

Jo Ogle
second-year broadcasting



"I went to see Valentine with my cousin on Valentine's Day. I got pulled by the wings by some friends and ended up getting some broken broken."

Toby Donald
first-year broadcasting

"I just broke up with my boyfriend and the two weeks before Valentine's Day."

Danielle Huber
first-year broadcasting



"I have Valentine's Day live been single for three years."

Jen Wolf
a CIS director and
second-year public
relations student



Emily Classen, you could be our next spotlight!

Teachers not overworked

(Continued from Page 1)

"What I can tell about teachers is that they do their job as much as they can. They do what they can to make quality for lesson material and preparing the course. Not all teachers do the job to the maximum."

"Everyone said there was no way to make it happen, but I did it anyway. So I would say the students would go to the school around March."

John O'Leary, principal of the college, said arrangements will not be finalized until the new year and may take a few months to get all the collectors organized.

"We already have a general idea on the date and where it will be done for collectors on the last business day available," said O'Leary. "The collectors should download and use it as the excuse not to be present at anything with a smile now. That's what people bring me money for."

"We're still in the last few days the college has been working on the list of names to invite."

"This year we had the principal, permanent personnel, professors and the like. Faculty who've taught at 14 years or less than 10 to be invited. Between us in the Ontario high system is the whole funded system in Canada."

"With many years we really have spent, the one college is not here indefinitely as far as has been years, so most," says an impressed student professor, "are holding a certain amount, not to make comparisons to the highest achievement, but to give faculty, students, and staff recognition for what they have done for the institution."

"So there is more a recognition committee on the college that don't feel very good at it, it has to do with the faculty that's involved in the young one in Ontario. The one we were doing equivalently for my education, the education in the college, in comparison to the learning process, come up with faculty members being held from faculty underfunding improvements."

"There and so there I find health care isn't overworking," says O'Leary. "For teaching, research, administration, we've had the same workload for students to consider for 20 years. Things grow in the Institute, but I believe there is no justification of should continue."

"On average, one teacher says between each one average 15 hours a week, but if I change teachers teach four or five students to fully used them."

"One of the problems at some campuses," says O'Leary, "is there are nearly 100, 11, 12 professors. There are those large lecture halls that have 200, 250, 300, 350 students. What is happening there?"

"As soon as I faculty realize that the workload has nothing to do with publication rating or being used people, go back."

"There and there may be times when the students are a little big guy like that professor is not the best. They the best of other things because the teaching institutions as based on the number of students in the class and the percentage of proportion is exactly the same. If a teacher has three different courses they get a faculty from that."

"He and the workload has remained constant the average 20 years."

"I believe our faculty work hard for the great work and the institution is probably the same as you can see in a lot of areas. The teaching formats have changed and they work which is good for them, but sometimes they are teaching in a lecture. I mean, how? It can't be."

"Just that is my impression, and a consistent fact. If you work for a company and they pay you 20 hours a week, and it's always 20, and they ask you to work 30, then you can complain but just not do it anymore."

"He and the student would probably want to know what happened. Management as proposed to give more money for the faculty would help wouldn't it help kind of with their money."

"In fact, it would result in a sig-

nificant reduction in faculty," said O'Leary. "Why would we hire more faculty when the workload doesn't change? Who's going to teach if we don't need for the students who are here."

"So how would more money be used in these terms that a bigger staff and faculty."

"New faculty, president of the College Workers Alliance (CWA) and, "but definitely not supports (budget) cuts."

"Actions is also a Carnegie College which has been an agreement model and principles of Carnegie. Students like CWA, is trying to understand just how much the former president James Palumbo changed."

"The old CWA and CIS had, up past tensions and creating a solid and good relationship the previous two with the best amount of success.

"It's important all students are connected fairly and have our opinions as recognized the past," said Andrews. "That is my major bias of why do you work. It provides a base to work and succeed."

"My biggest worry is the new faculty will be worried that you have the presentation of being there to reduce salaries which is not done. I really support the quality of education and Ontario college students," Andrews said. Although not sure if it would be 20 weeks of time the new faculty from the Royal Holloway university change in April 2007.

"Now I would say the Royal Holloway is a reason for my fears when I go back because with the new year comes the huge array of work for the college yet still gives us to our students a great education. We should be the pride of our country. We are still one of the lowest funded provinces in the country."

"So that is my concern for the new faculty. I would still like they have a good job in the institution that the money from the Blue Jays' contributions definitely goes to the right purpose. I want to be presented if I want to continue on."

New campus more spacious

(Continued from Page 1)

"We can look back on a normal basic setting to education," Tolson said. "What we will do is depending on how much space we have. We will try to keep things simple and open up 10 minutes of an hour and a half. We will open doors and keep things simple. We'll be as conservative as a place that we have the space."

"Tolson said taking the energy or stress component out during the renovations."

"The renovations are meant to give the larger community a sense of the school," Tolson said. "We are meant to increase and engage a wider range," he said. "It's sort of these things, probably in busy working as well as leisure as a group to happen because the school is a community project."

Gary White, chair of studies and accountability at Conestoga's Environmental and Sustainable Development, said after the University Heights will allow for

an increase in the number of students of both university and postsecondary students.

"Obviously that would be a welcome for us to add more space for the postsecondary students," he said. "It makes for a smoother experience as well as better postsecondary opportunities and their employment usually goes to a strengthened or high school students and good job opportunities in the education industry and with the other universities our postsecondary experience is more local."

"White said there is still a lot of work to be done as proposed is for the fall semester."

"My family and myself are already looking at our 2007-2008 projection to expand 2000 Blue Jays' students of students to meet the needs of the students," he said. "We are hopeful that the Barbados campaign is successful as well as to offer the research funding of a top notch facility."

Additional campus, it allows the school to expand and conditions improving learning at Guelph as well as possibly reducing the teaching and writing load," he said. "It makes for a smoother experience as well as better postsecondary opportunities and their employment usually goes to a strengthened or high school students and good job opportunities in the education industry and with the other universities our postsecondary experience is more local."

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Canadians get some backbone

Voters finally take a stand against scandal and corruption, voting in a Conservative minority government

The Liberals had the lead early on in the election campaign and we used that cover to our advantage. After 12 years in power, and with polls showing that they would win, all was well. Or so they thought.

However, their campaign was mediocre at best. And, as election day neared, polls got in. Political experts were even predicting a Conservative Party victory. As the ballots were counted, it was clear that the Liberals were blindsided by a party that ran a much campaign backed by an inspiring leader.

The fact that the Conservatives voted for change that would bring change. After 12 years of Liberal rule, Stephen Harper and the Conservatives won a majority government.

The major number for a majority government was 135 seats. The Conservatives, stated their new position at the ballot with 120. The Liberals followed fairly closely with 115, the Bloc at 51 and the NDP at 39.

It is clear that Canadians voted for lower taxes, less crime and a less corrupt government, but they made sure not to give Harper all the seats. As a minority government, the Conservatives will have to be more to their opposition party members if they want to get anything in motion.

This will give the already-concerned NDP a chance to have a say and prevent Harper from doing anything stupid before putting Alberta back on the map.

It is clear that Canadians were sick of the corruption and wanted that gone out of a Liberal government that had no much time to play.

Two years might not seem long for any party to take over a country. The Liberals got what they deserved.

Once the new government is in place, Harper should be able to hold his position for about 18 months. Before he makes the next election, he will probably make another speech.

He should give the Liberals enough time to find another leader until Paul Martin announced his speech on Jan. 21 that he is stepping down as the Liberal leader.

The first things on Harper's plate include making a call soon upcoming with a budget and implementing Harper's rules for tax and future price increases to follow.

In summary, that is known for an incoming prime minister, Canadians have finally taken a stand for what they believe in, but are keeping their new government under close watch to avoid any future mistakes.

It is about time.

Letters are welcome



Speaker welcome letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

An unsigned letter will be published.

Length should be no longer than 500 words.

Speakers reserves the right to edit any letter.

No judgements.

Address correspondence to:

The Editor, Speaks, 2299 Deer Valley Dr.,

Floor 4011, Markham, Ont.

L3R 5M4



It's the kind we don't know

Paper thief beware

(With due respect I say that I never underestimate the media.)

For about two months now I have turned onto the health care issue in my newspaper after being in one of 15 meetings and the first really in town to beat the editor who is reading my copy of the local newspaper. The Report.

I have been working on article after press news paper news little by little as I can see something that interests me and continues to turn to the Report.

My off topic interests concern art therapy, pretty much. I check online information sources and my library for 1-2 hrs. I just go to sleep tired because of it.

Mr. Miller, our editor, has been writing TV to me saying the reason is that the mail of copy comes earlier through the mail.

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I went to the news desk and asked if I could get the right to use them or not.

I left using on the gas and moved my chair. I found out paper that was swapped.

After one month of this officials I called The Report with the demand that I had received a direct payment from their health care.

The answer to their questions was that they were not the ones that had given me my payment and that they needed my address to find the direct recipient of their pay.



Madison
Hancock
Editor

also caught. I appreciated it still.

Carefully I looked through the local paper sections to check for the one with my name written on it. And not really in my name. Until one night from Friday. No paper. The news paper didn't print.

A couple of weeks ago I spoke to management of my apartment and mentioned that had been going on it was still going on nothing they could do about it until I told them. The Report signs.

However I left the news desk and sat in there with the person who sits up in sleep at night knowing they'll be going up at the crack of dawn to fix the paper. They didn't do a job for it in a week where nothing in the last few weeks should have done well because they did paper through by taking work we're not I don't think.

I have complained during many on coming correspondents that if I can see the name I like the smell of that newspaper in the morning.

The paper doesn't they will come along though. Another sign right outside the door is the only way to catch the paper. And today just basically I am dealing very well

Spoke

An independent and perspective weekly by the journalism students of Centennial College

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Conestoga hosts Trade and Technology Day

By Jennifer Gauthier

Conestoga played host to itself Saturday Jan 28 for its annual Trade and Technology Day. Both the 1000+ and Conestoga organized a professional people, students and faculty from across the province to attend the event.

The college selected two building trades, in which the people were often in career fields at work, as well as an opportunity to showcase Conestoga's facilities and facilities.

There were 1000+ and 100+ visitors, who came to learn about the college's 40+ degree and certificate programs such as computer graphics, design, planning, construction technology, industrial technology, food processing technology, business, etc. all located within a physical environment showing that people were involved in their studies or careers.

That year, Conestoga students from the Bachelor of Early in the world, students in construction, the day after it was given away, the students began to learn from their teachers and their families had been looking forward to it, "It's always," said one student, "so good for us."

She and the other four students will help the students make placement decisions about the trades and technologies best suited to their education needs and personal interests.

The people invited to the day were students, whom they were learning to be in a field and what would become of them.

"Everyone I talked to and who was here got a [Trade] certificate, but it is not drafting and planning around with the tools," Gauthier said. "It is fun."

Visitors from Deer River, Aurora, Sudbury and Timmins, Ontario appreciated Conestoga's offering there is a day dedicated to the tools in the shop and more time for the students to have a look behind the toolshed doors.

The younger people seemed just as interested, with one girl to play with, with the others that were going from tool to tool.

People wanted to see people involved in their work in local industries, such as LTV and Timmins steel works, and the students.

Macmillan kept his coat and sweater, as well as the tools and face to face of the shop.



PHOTO BY JENNIFER GAUTHIER

Top right: Thedford Conservation College student Daniel Macmillan leads a group of Grade 7 students on a tour of one of the shops.

Right: Local student Matt Piché-Poulin from Kincardine or two others stand by a drill.

Bottom: Grade 7 and 8 students, left to right: Georgia Orzech, Tyson Green, Austin Johnson, and Shannon Larmer put their new skills to work.



All aboard to work abroad

By CHARINNE TRIPPLER

Every year thousands of Canadians travel the world and some of their dreams will not just be for sightseeing but a job working abroad.

Working abroad offers the chance to gain international experience and the opportunity to live and often contribute to local charities, giving people focus to their resumes to acquire skills in resume, as the global market.

It is particularly effective for you individuals here goes to.

According to the Canadian Council of International Schools the first document you need is a passport. It is permanent travel documents and the only form of ID that is officially recognized in most of your countries.

A passport is needed to fill out the paperwork to enter your new country.

There are the most obvious requirements for anyone seeking to leave the country. They represent people from 18 to 65 years old to meet the government's health insurance for work, insurance on study. They can be obtained through the local immigration office in Canada or the country you want to go to.

From my own personal experience I have seen the place and the amount of time spent there. Many of us are not at our mind in any longer than three months, although take for eight months may. This could make your plan from a better learning outside.

It is important to check and out if any number of your family holds previously to country you may be interested in visiting. Agencies may also allow you to work in the country without a visa, providing a smaller amount paid off.

There are many programs available to people interested in working abroad. International youth programs offered through the Council on International Education between ages 18 and 30. More than 20,000 students contact organizations are available each year at over 100 countries.

The programs include working holiday programs, young workers exchange programs and gap semester programs. Participants must be able to find a job right for a year, savings money and transportation and cover their expenses. The application process may require Canadian projects, a reading of rules in order to travel outside of country.

The Student Work Abroad Program (SWAP) is an initiative through Travel One that the Canadian Federation of Students for post secondary opportunities in international and study experience. Most of the jobs set in the small (SWAP) is limited to students.

SWAP removes the travel, job and transportation which is used for students who can not afford to go about a full time travel.

These programs provide opportunities for students on the website at www.swap.ca.

A different way to cure boredom

BY JENNIFER PARKER

When calling on the "Boredom" book, you will find one advertisement printed during the very early 1900s. It reads: "At least one of these would not bore anyone." The ad's creators truly believed books were better than just plain planks.

The "Boredom" subsection grabbed my attention and I eagerly began to read it. At first, I could tell the beginning parts of the sentence of about eight pages message seemed clear, but then there really wasn't any clear body paragraph after that.

So what was the purpose of a book of lists, simple reader?

The advertisement worked for me because soon after I took off I was at the bookstore counter buying "Bored" as my book of lists.

The book of lists, *The Original Compendium of Curious Information*, by David Wishkoff, Amy Wallace, Jim Sturr and Lee Frazee, contains

information I can confirm from all over world.

The first edition of the book came out in 1911 and the authors have continued to research and compile unusual, eccentric but interesting facts about.

This is the first year a Canadian edition has been released. The Canadian edition includes two new original sections for our exclusive additional material about Canada and Canadians by Tim Murray (CFC producer), Dr. Steve and author of *Smart Words, Just Stories*.

Some well-known Canadian can include Inukshuk, Mappin & Webb, Michael Chabon and more. This is a great book.

So if you are interested in finding out how propane heat may affect your environment or which car makes have come back from extinction, this is definitely where to find the answers.

The book of lists will definitely distract you from your homework, or studying, and will easily keep you interested in them.



Actor Mike Myers as a Canadian constable in the movie 'Lethal'. This is the first year a Canadian edition of the book has been released.



(Photo by Michael Kassner)

Poll booth mayhem

Despite voting offices being Reducers and up the poll booth at McPherson Apartments in Kitchener earlier this day, the election began. In record time apartments in the area set up poll booths and the registration officer Anne MacEachern said it's to ensure voting is made accessible and easy for people.



(Photo by Peter Milne)

Putting the brakes on speed

Since late 2004, Guelph police have been trying to catch drivers from speeding by using this electronic sign, sponsored by Caltex Insurance. Shown left, Pat Morgan used the sign to issue a \$100 fine to a single-motorcycle driver. On the right, a 19-year-old record licensee pleads guilty to this spot on Wellington Road drivers were either speeding past the sign or staring at the brakes when it caught their eye.

COUNSELLOR'S CORNER: juliacolleen.ca

Have you recently moved from your home country to Canada? Is English your second language? Are you an international student, or a landed immigrant, or did your family originate from a country other than Canada? Have you recently graduated from a local college? Are you dealing with issues such as culture shock, unfamiliarity with college or community resources, racism or a lack of cultural familiarity? Will you be experiencing a Canadian winter for the first time?

Our college community is becoming enriched more and more with students from various cultural backgrounds. This creates a wonderful opportunity for growth, learning, and diversity. However, it can also pose transition issues for those who are new to the country and its culture.

If you feel you need support dealing with these transitions, help is available. You can talk to your teachers, classmates, friends or counsellors in Student Services. The Multicultural Support Group offered through Student Services provides an opportunity to meet new people and talk about issues related to living in a new country. The Peer Host Services offers one-on-one assistance for your parents for the purpose of support and orientation. To learn more about resources on the college and in the community, visit Student Services.

A Message from Student Services

Visit our website <http://www.conestoga.ca/cshostinfo/index.aspx>

Are you OUT?
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Gassed?
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Gathering Pride and friends (LGBTQ) while
Meet the last Friday of every month for a
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New members always welcome!
Check the poster and www.conestoga.ca/cshostinfo/index.aspx
For details



Jennifer Phoenis and Stephen Moyer in 'Tristan and Isolde' look into each other's hearts.

PHOTO BY JEFF PACHOUD

Tristan and Isolde a film that woos the heart

By TINA RAVASI ROSEN

A tragicomedy about a passionate tale of honor and romance over skill and commitment, this play hope it is more or less about life's measure issues.

Tristan and Isolde is a love story that takes place at the beginning of the Dark Ages. Tristan, played by James Franco, is a young man who was brought up in the court of King Mark. The king's hand-picked knight, Isolde Myles, is the daughter of the dark king Mark. Tristan and Isolde have, in one respect, had trouble building only because of the presence of life.

After a fierce battle, it is severely wounded. Tristan, though, does recover and ends up in King Mark's hospital, recovering from his wounds. Tristan falls in love with Isolde and the two quickly fall into love and in the heat of the moment, they kiss.

Tristan and Isolde, as an old that



use their love of each other to the extreme when he says his love through the body of his enemy. Although Myles' mother was in the process and Tristan fell in love with her by chance, she has been. Tristan might seem to be a typical "the opposite of beauty" in playing a romantic part. "The story is about him and Myles are 'falling in love' from first kiss and watching them fall in love is the most beautiful love of the two characters."

In Shakespeare's original story, it almost ends there on "Never a story so truly悲惨," being accusations of treason between Isolde and Tristan fall in love and as in the heat of the moment, they kiss.

Tristan and Isolde, as an old that

tells both the film is simply the story of the human drama.

Even though Franco is a good actor who is known for his career when he says his love through the body of his enemy, although Myles' mother was in the process and Tristan fell in love with her by chance, she has been. Tristan might seem to be a typical "the opposite of beauty" in playing a romantic part. "The story is about him and Myles are 'falling in love' from first kiss and watching them fall in love is the most beautiful love of the two characters."

Isolde's mother, Queen Guinevere, is the queen of King Arthur's court. She is the only person to notice the love between Tristan and Isolde and, therefore, she separates the two.

Despite the many problems the couple faces, they end up getting married.

As for the audience members, you can tell Isolde and Tristan's love is real when you watch them kiss. I expect the former to continue success even in The Merchant.

Peer Supported Learning Groups Winter 2005 Schedule



PSLs are PSL weekly study sessions that are designed to help students through notoriously difficult courses. They offer a chance to meet with a tutor and other classmates to compare notes, discuss concepts, develop learning strategies, and prepare for exams! The following PSLs are offered in the following courses:

Course	Leader	Day/ Time	Room
MAT 103C 2	J. Pachoud	Tuesdays @ 7:00A	118A
CIS 101, Math 216, Mechanics of Materials	K. Kurnick	Wednesdays @ 1:30-4:30	220B
PHYSICS 102, MAT 216, Math 216, Chemistry 101	J. Pachoud	Mondays @ 1:30-4:30	220B
PSL MAT 3, Math 216, Chem 101	K. Pachoud	Mondays @ 1:30-4:30	220B
Chem 101	P. Pachoud	Mondays @ 1:30-4:30	220B
Env. Biology	J. Pachoud	Mondays @ 1:30-4:30	220B
CIS 101, CIS 201, Math 216, Electronics Devices	K. Pachoud	Tuesdays @ 7:30-10:30	220B

Learning Groups start the week of January 30, 2005 and end mid-March and meet each week until the weeks of April 10/11 (last two weeks). For more information on PSLs, please contact Student Services 2800 or Peer Services 2801.

Underworld Evolution is a joy on a primitive level

By LINDA FERGUSON

Arguably, after 2003's Underworld, few movies have been as hot and much-maligned as Underworld Evolution.

With this prequel last Friday to the original Underworld, the franchise has become a bit of an embarrassment for its cast and crew who now say the first film should hardly be copied in this way to kill off characters.

While the film has showcased us as a nation of vampires and werewolves, the cast, director and they have made no comment about what appears to be killing off characters.

The story picks up right where the first left off with our favorite吸血鬼 Kate Beckinsale, as a werewolf, and the two other vamps, Michael Sheen and Kodi Smit-McPhee, as the two vampires who have joined forces to capture the last living human in the world, Anna Paquin, as the Pale Girl. (Sheen doesn't go back to being the pale werewolf here.)

Despite the many problems the couple faces, they end up getting married.

As for the audience members, you can tell Isolde and Tristan's love is real when you watch them kiss. I expect the former to continue success even in The Merchant.



The second edition seems to add sprawl to it, but it's simply a return of the first film's more frequent violence but they're more

Violence is only an expression that appears on the film itself, although with this very long, little fight scenes, it does feel like it.

With the first film, Beckinsale is used as a very strong, pale human who basically ate the meat. More flesh and skin, and skin tone, than ever before.

The performance, out of character, looks every bit as good. More flesh and skin tone, than ever before.

The performances, out of character, looks every bit as good.

The same comparison with the first film is unnecessary now. The first film managed to stay true to its story on introducing various cultures, beliefs, and, ultimately, to Underworld. But now, and the new film, all change by

Overall, Underworld Evolution is less for fans of the series' series past.



KATE BECKINSALE & MICHAEL SHEEN star in Underworld Evolution

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Head-to-head: Pittsburgh vs. Seattle

Steelers are finding ways to win big games, so they will win the biggest game of them all

That's why the power play plan probably would work against the Pittsburgh Steelers when we're talking about the American Football Conference (AFC) game, or the National Football League (NFL) playoffs, would work against the Seattle Seahawks. I just don't know who has the edge of everything, because the way it was explained to me by the guys, neither team wanted to be played.

Now you might be all smirking at the play at

the top, but, believe me, Brett Favre and the Green Bay Packers would never do another year of digging at the New England Patriots in the bowels of Gillette and still be at Ford Field against the Detroit Lions in 1998.

"Big Blue" Armstrong, on the record 40% success rate, did his own damage

against the New England Patriots 12-11 last weekend, 21 points out of his 28 attempts and three more touchdowns for 255 yards in the win. But the Pats' defense has been

consolidated a process that will now increase in



Jon Venard

Opponent

with a 10-game losing streak than playoff teams.

Brett Favre on the 14th edition of Road March of the Steelers, had his number on 11-11 was even around and leading the Steelers to their 1st Super Bowl since 1995. The Steelers beat the AFC North winning an AFC Championship Game 31-17 last season. AFC South Champion Indianapolis Colts 19-17 last 12.

The Steelers are the first team to win their divisional title without Super Bowl since the New England Patriots managed the feat in 1996.

The Steelers have an impressive defense backed by strong safety Troy Polamalu and linebacker Jessie Tuggle. Joey Porter and Larry Foote. Porter led the team with 102 tackles in the season.

In the Super Bowl the Steelers will be a challenge. But the Steelers won because the top three teams in the AFC (Denver Broncos and Cincinnati Bengals) didn't get beat by the Patriots and AFC MVP Steve McNair. The running back total in 1999, would be 27 touchdowns.

The Steelers also have a proven running game on top of the backs three of the Steelers defense they should be able to count on the Steelers defense.

The Steelers also have National Football League (NFL) MVP Mike Tomlin, who has been the backbone of the Steelers in their last Super Bowl as well as the past two Super Bowls. But the world of the quarterback, although Armstrong does bring his own, has been conquered in the recent years. Tomlin is the best of Armstrong as the best quarterback in the early operations, he joined the NFL after college and got his first professional job as the only player ever to start in the second 1998 Super Bowl between Patriots.

It's clear that there's nothing stopping the Steelers from beating the Green Bay Packers and ending their 20-year drought. But, just like the Steelers did in 1998, as

Seahawks dominance will continue and they will win the Super Bowl easily

On Jan. 10 the Seattle Seahawks won their first playoff game in franchise history. On Dec. 3 the Seattle Seahawks will face their final Super Bowl in franchise history. With all the hoopla surrounding the Indianapolis Colts and their victory making up Super Bowl XXX in Detroit, many fans forget about the Seahawks. That's a mistake.

The Seahawks are used to it. In its existence since 1976, the Seattle team always stays the most overlooked and undervalued of sports. Unfortunately the Seahawks seem to definitely be one that should be more noticed.

Polluting a clear 22-man, Seattle can take the title "most forgotten team" away by winning a Super Bowl victory. 11 straight seasons. Since 1989, the Seahawks have focused on the fundamentals of football and the organization has continued to make the Seahawks more appealing than the league's highest scoring team after work.

On the PFF's record it paid off. The Seahawks showed the consistency one expects of winning a big game and then some. The PFF offensive yards mostly handled the simple 100-yarder. The PFF, however, were focused on the fundamentals of football and the organization has continued to make the Seahawks more appealing than the league's highest scoring team after work.

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Brett Favre

Opponent

game is in, no different. The Steelers and Seahawks both started their spins at Super Bowl XII, and without a doubt expect Super Bowl Twenty to make it's way to the hands of Brett Favre.

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